

Directions: As a dietary supplement, take one capsule daily, preferably with a meal or as directed by a healthcare practitioner.

Bluebonnet's Biotin 1000 mcg Capsules contain yeast-free biotin in its crystalline form to support healthy hair and strong, durable nails. Available in easy-to-swallow vegetable capsules for maximum assimilation and absorption.◆

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

◆ These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Manufactured by
Bluebonnet Nutrition Corporation
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Bluebonnet®



Biotin 1000 mcg



90 Vegetable Capsules

Dietary Supplement



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Biotin	1000 mcg	3333

Daily Value based on a 2,000 calorie diet.

Other ingredients: Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate.

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet's KOF-K Certification #K-0000700